









Go for the Gold!



**Explanation:** Eating well is essential for a long and healthy life. This challenge focuses on improving food choices by encouraging participants to focus on increasing consumption of high quality foods that fall into the five major food groups. The challenge starts by keeping track and recording daily food intake, and then evaluating and striving to increase the number of servings of healthy foods.

**Rules:** For this challenge, participants will keep track of their food intake and earn gold medals in each food group according to the nutritional value of the food that is being consumed.

							Total
Vegetables							
Fruits							
Grains							
Protein							
Dairy							

The food group categories are:

**Vegetables**

5 medals: Fresh Vegetables/ Salad  
4 medals: Frozen Vegetables, Sweet Potatoes  
3 medals: Canned Vegetables  
2 medals: White Potatoes  
0 medals: Fried Vegetables

**Fruits**

5 medals: Fresh Fruit  
4 medals: Packaged/ Dried Fruit  
3 medals: Canned Fruit  
2 medals: Fruit Juice  
0 medals: Fruit Pies

**Dairy**

5 medals: Fat free milk, Yogurt, Cheese  
4 medals: 1% Milk, Yogurt, Cheese  
3 medals: 2% Milk, Yogurt, Cheese  
0 medals: Avoid full, fat dairy products

**Protein**

5 medals: Baked/ Broiled Fish, Turkey/ Chicken, Eggs  
3 medals: Beans, Nuts, Seeds, Nut butters  
2 medals: Beef, Ground Beef, Ham  
0 medals: Avoid corn dogs and hot dogs

**Grain**

5 medals: Whole Grain Breads, Tortillas, Crackers, Pasta, Brown Rice, Corn/Peas  
2 medals: White Pasta, White Rice, White Tortilla  
0 medals: White Bread, Cookies, Cake

**Each day will also have a theme that correlates with one of the five food groups:**

- Monday- Vegetable Day
- Tuesday- Fruit Day
- Wednesday- Dairy Day
- Thursday- Protein Day
- Friday- Grain Day.

On each of these days, participants who consume an extra serving of foods in the five medal categories, earn an extra medal. For example, if you consume a serving of broccoli and a serving of green beans on Monday, you would give yourself one extra medal. The goal is to get 20 medals per day or 100 medals throughout the challenge week.

